



# InShape

## West Valley City Fitness and Recreation Center News

### Dog Days of Summer 2012

Saturday, August 25, 2012

12 p.m. - 3 p.m.

Small dogs only from 12 p.m. to 12:30 p.m. (under 25 pounds)

**Admission Fee: \$4 OR  
\$3 plus an item for the West Valley City Animal Shelter**

(Toys, leashes, collars, treats, brushes, food, cleaning supplies, and pet first-aid supplies)

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

For your talented best friends, a Doggy Long Jump contest will be held from 12:30 p.m. to 1:00 p.m., and a Doggy Paddle race from 1:30 to 2:00 p.m.

### Kidz Kamp Summer Program

For boys and girls 5-11 years old

Camp runs June 6 through August 26

*Themed weeks include:*

*Western Week, Medieval Week, Sports Week, Around the World Week, Super Hero Week, Under the Sea Week and more!*

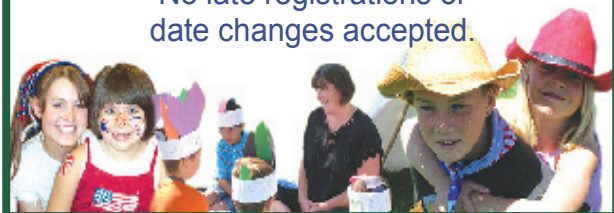
**Monday – Friday  
7 a.m. to 6 p.m.**

Includes: field trips, arts & crafts, swimming, sports, Kidz Yoga, Kidz Zumba, silly games, rock climbing, yummy lunch, snacks and much more.

\$97 per week per child (\$87 per week for additional children) or \$24 per day per child  
**(No refunds or date changes)**

Register by Wednesday 1 p.m.  
the week prior to camp.

No late registrations or  
date changes accepted.



### K9 – 2K

Come walk/jog/run with your dog

Saturday, August 25, 2012, 10:30 a.m.

Entry Fee: \$10

(includes a gift for each participating dog  
and admission to Dog Days of Summer)

Register at the Family Fitness Center or by  
mail (postmarked by August 21).

Race day registration (additional \$5) from  
9:30 a.m. – 10 a.m.

### Busy Bee Preschool

Preschool program designed for children 3  
to 5 years old (must be potty trained).

Activities include: arts and crafts, number  
and letter recognition, music, dancing and  
story time, field trips and much more!

**Registration due on the 25th of the  
month prior to enrolling (\$5 late fee after  
deadline)**

**Registration is on a month-to-month ba-  
sis. Class size limited, sign up early!**

### West Valley Dance

*Sessions begin in September*

Choose from a variety of formats that  
include: Ballet, Jazz, Combo,  
Tumbling, Hip-hop and more.

Beginning, Intermediate and  
Advanced Classes are offered

**Fees:**

Member: \$28 per month

Non-member: \$30 per month

Additional class: \$15 per month

Unlimited Classes: \$60 per month

A one-time yearly registration fee of  
\$10 is required.

For additional information about regis-  
tration or

dance classes please call the dance  
hotline at

801-955-4030 or visit

[www.wvdanceforce.blogspot.com](http://www.wvdanceforce.blogspot.com)

### TAE KWON DO

Ages 8 and older

A fitness program for the whole family with four  
black belt instructors!  
(Other forms of martial arts are taught)

Classes held on Tuesdays and Thursdays:  
New/Beginner Students - 7-7:45 p.m.

Intermediate/Advanced Students - 7:45-8:30 p.m.

Fees: Members - \$30 per month; Non-members -  
\$40 per month



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

